



# Allandale Neighbor

Feb 2021  
Vol 36, Issue 1

Distributed to more than 4,900 homes by the Allandale Neighborhood Association

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## It's a party!

Ranleigh Hirsh, Allandale Parks Committee

**W**ell, almost a party. We wish we could gather you, our neighbors, for a good old-fashioned party to celebrate the 65th birthday of Beverly S. Sheffield Northwest District Park. In these socially distancing

times, we can still celebrate our park's platinum anniversary by donating to Austin Parks Foundation (APF) in the name of the Friends of Beverly S. Sheffield North-

west District Park during the Amplify Austin's 2021 campaign. Your donation will help improve the park's pond and the surrounding area in our park.

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## Northwest Park: Good News Update

### Pond Maintenance Begins, Vision Plan Outreach Coming Soon

**T**he City of Austin Parks and Recreation Department has been able to work with Austin Parks Foundation (APF) to contract with a pond maintenance company for the Northwest Park pond. The company will be removing invasive plants within the pond and along the shoreline, and also will be providing monthly vegetation maintenance for the pond for one year. Expect to see some changes coming soon!

The APF money was funded by ACL Music Festival specifically for a project in District 7, and this project will be paid by the remaining funds left over after the completion of tennis and basketball court improvements, added picnic tables, and trash receptacles at the playground.

Thanks to PARD, APF, Councilmember Leslie Pool, and all of our neighbors,

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## Welcome Aubrey Gill! Passing the Newsletter Editor Baton

Laura Beck

**T**here has been nothing but change since March 13, so why not add another, I thought? I have proudly served as editor for this newsletter since June 2014, and I wrote articles starting a year prior. But as an old dog, I decided to change up careers and left 25 years of PR and marketing to go back to school and become a teacher. Coronavirus gave me even more new tricks to learn as a very old new teacher. I'm doing okay, and I adore the students, families, and colleagues I have at Brentwood Elementary, right across Burnet Road.

But all these new things had me reflecting on which old things I might retire to give the brain a little space. It was time for the Allandale Neighbor newsletter to get some new blood any-

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## The Allandale Neighbor

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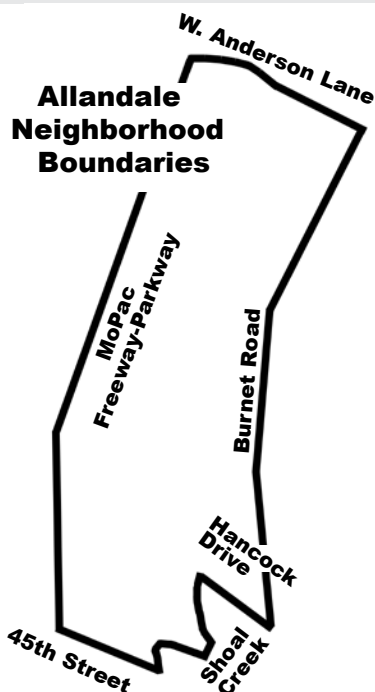
ANA Executive Committee meetings are held on the first Wednesday of the month at NW Rec Center. General Membership meetings are held in April and October. (Meetings are currently held via Zoom)

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## President's Letter

Diana Wheeler, ANA President, (512) 699-1848, [Allandale.neighborhood@gmail.com](mailto:Allandale.neighborhood@gmail.com)

Hello neighbors,  
I want to spotlight the group of amazing volunteers who produce this newsletter, which is distributed to about 5,000 households. Laura Beck has been the ANA Newsletter Editor since 2014. Over the past seven years she has also served on the ANA Executive Committee and Communications Committee, in addition to juggling her regular job and life. She is stepping down now to be able to focus on her teaching job during these

topsy-turvy times. We are profoundly grateful to Laura for her service to the ANA, as well as to the remaining newsletter volunteers: Tom Watterson as copy editor, Cathy Savage for layout design, and Coti Heusmann for ad sales, and Mary Fero for final proof, in addition to the new incoming editor, Aubrey Gill. This newsletter literally would not be possible without the time and dedication of the staff. ☘

## Letters to the Editor:

We'd love for readers to submit newsletter ideas, stories, and reactions to articles.

[editor@allandaleneighbor.com](mailto:editor@allandaleneighbor.com)

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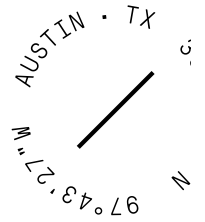
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## Northwest Park: Good News Update

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who are working to support pond improvements.

Additionally, work on the Beverly S. Sheffield Northwest District Park Vision Plan (whew!) has begun at the staff level. Although community outreach activities were expected to have begun in 2020 (see October Allandale Neighbor), the latest timeframe looks more likely closer to May of this year.

We'll keep you updated on opportunities to contribute your ideas for park improvements, new amenities or other ways to make Northwest Park more enjoyable for all. ☼



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Dr. Erin Arnold

## It's a Party!

CONTINUED FROM FRONT PAGE

Our park namesake, Beverly S. Sheffield, devoted 44 years to the Austin Parks and Recreation Department (PARD), continuously working to improve the lives of Austinites. Mr. Sheffield was the director of PARD when he worked tirelessly to make Northwest District Park a reality. We can thank him for the 65 years of joy our park has brought to Allandale and will bring in the future.

City COVID-19 protocols prevented us from hosting our 2020 biannual It's My Park Day. We miss working closely with you, our generous neighbors, to help enhance our park in both big and small ways. We anxiously wait for the city to allow park workdays again. We will let you know as soon as we hear. In the meantime, when you spend time at the park please practice "leave no trace" by following the "pack it in, pack it out" principle.

ANA's Parks, Recreation, and Greenspace committee continues to march forward anticipating PARD's Northwest Park visioning sessions set for 2021 that will shape our park's future uses. Thanks to a strong expression of community support and your help during last year's Amplify Austin campaign, APF and PARD have established professional pond maintenance for the coming year. Regular pond maintenance lays the groundwork for adding ecosystem enhancers like aerators or circulators to improve the water quality, which improves life for fish, turtles, waterfowl, and other creatures.

Keeping a focus on the pond continues to be a top priority for Allandale Neighborhood Association and the Friends of Beverly S. Sheffield Northwest District Park. These groups help focus the attention of city departments that have oversight responsibility for the pond. Our park's pond has long suffered from a lack of city funds and attention. While many of you have helped during previous park workdays to sow wildflower seeds, establish native grasses to control erosion, and repaint picnic tables and pool features, we hope you agree that the pond needs everyone's attention until things improve significantly.

How can you help? **March 5, 2021, is this year's Amplify Austin's annual Day of Giving**, run by I Live Here I Give Here, a local non-profit organization. Last year, I Live Here I Give Here raised \$12.3M for 760 Central Texas non-profit groups. Friends of Beverly S. Sheffield Northwest District Park partners with Austin Parks Foundation to fundraise during Amplify

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## Bug Off! Phorid or Humpbacked Flies

Wizzie Brown

**H**umpbacked flies, also known as phorid flies, are small gnat-like flies that do not bite. They often are yellowish to dark brown in color. They get the humpback name from the way their back is humped when viewed from the side, and phorid fly comes from the family in which they are classified. Sometimes they are called scuttle flies from their habit of running around in an erratic manner.

Phorid flies vary widely with some being pests while some species are beneficial; for example, some phorid flies attack and kill red imported fire ants.

Pest species found indoors are often associated with moist, decaying organic matter. These flies can become a problem in homes by mechanically transmitting bacteria to food and food prep areas.

Common sites where larvae develop (and areas you would need to locate, AKA "the source") can include organic matter built up on the inside of drain pipes; on aging fruits, vegetables or other food matter; the bottom of garbage cans, dumpsters or recycling bins; in broken sewage pipes; or under broken floor tiles.

For a long-term solution, develop a sanitation plan. Locate "the source" where larvae are living and clean it thoroughly. If drains are accessible, clean with a stiff brush and flush with boiling water. Food should not be left out for long periods of time and trash/ recyclables should be removed on a regular basis. Trash and recycling bins should be cleaned with soap and water several times a year. Repair any plumbing leaks and loose or broken tiles.


Fly swatters and fly lights can help reduce adult populations.

For more information or help with identifica-




tion, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at (512) 854-9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture. ☼



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## It's a Party!

CONTINUED FROM PAGE 7

Austin. Austin Parks Foundation helped 15 different Park Adopters groups, including ours, raise \$28,588 for parks and community gardens. This year, the foundation, in conjunction with Central National Bank, will be generously matching Park Adopter group donations up to \$10,000. The more you donate to Austin Parks Foundation for Northwest District Park, the greater the impact your donation will make with these incredible matching funds!

There is no need to wait until March 5. You can donate today and anytime until March 5 using the special fundraising link below. Your support will make a big impact on our pond health with these generous matching funds. We suggest a minimum donation of \$25 to help offset overhead costs, but any amount is greatly appreciated. Help celebrate our park's 65th birthday by donating today!

Fundraising link: <https://www.amplify-atx.org/p2p/175827/beverly-sheffield-north-west> ☼

## Welcome Aubrey Gill!

### Passing the Newsletter Editor Baton

CONTINUED FROM FRONT PAGE

way. I'm very proud to introduce you today to our new editor, Aubrey Gill!

Before I tell you a bit about him, a quick thank you to you all for supporting the work we have done at this newsletter, for your kindness and grace at any stumbles, and for remembering that we are all volunteers. I also thank the ANA Executive Committee over the past seven years, who help make this newsletter happen. I thank all the great writers over the years who have shared content of which we should be proud. Mostly, I thank the amazing neighbors who have selflessly donated their time to work alongside me six times a year for the past seven years. This is no typical newsroom, but I wouldn't want to be in the editorial trenches with anyone else: Steve, Angela, Kata, Allan, Tom, Lisa, Coti, Mary, Worley Printing, and especially Cathy. Thank you all!

Now on to Aubrey. You are in great hands! Aubrey already has great ideas to make the newsletter even better. He's a proud product of Gullett, Lamar and McCallum schools, his wife too (though she was off-track for a minute at Brentwood!). They have two young daughters, a dog named Rooster, and are back living in the neighborhood where Aubrey grew up. At his job at a tech company, he leads a quarterly newsletter and has been a freelance writer in his past (reviewing cookbooks – fun!). Aubrey says, "I'm absolutely in love with my neighborhood. I have deep roots in Allandale, and I'm proud to be a resident." Say no more. We are SOLD! Welcome aboard, Aubrey, and thank you in advance for all you will do for Allandale as editor! ☼

**Renew you ANA membership at [allandaleneighbor.com](http://allandaleneighbor.com)**

### Take Pride In our Neighborhood

Help out a neighbor ■ Don't litter ■ Donate to local charities ■ Spay or neuter your pets ■ Plant flowers ■ Volunteer ■ Use our trails and parks ■ Conserve water ■ Organize Neighborhood Watch program ■ Drive carefully ■ Have a block party ■ Attend a neighborhood meeting ■ VOTE! ■ Report suspicious activities to 311 ■ Observe the speed limit ■ Keep your pets on a leash ■ Pick up after your pets ■ Park in your driveway ■ Keep bicycle lanes open ■ Keep your home in good repair ■ Keep your yard mowed and trimmed ■ Join ANA ■ Donate household items ■ Report potholes 3-1-1 ■ Correct poor street lighting 3-1-1 ■ Stay in contact with your neighbors ■ Take walks around the neighborhood ■ Pick up litter in streets and sidewalks ■ Organize a safe house on routes to schools ■ Report missing street signs 3-1-1 ■

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## Allandale Eating – Quick Bites

Robert E. Mace, Dining from Daugherty

A new year, a beautiful snow, vaccines, and the promise of spring. Will we get to eat inside our favorite (and future favorite) restaurants soon? I sure hope so (although “soon” may still be this fall). For the time being, keep partaking of take-out, delivery, and, if safe, on-site eating at our restaurants. A pal that works as a waiter for one of our finer neighborhood establishments says that he and his co-workers are amazed that customers tip 20% (us among them) for take-out and delivery. We do this because (1) we’re fortunate enough that we can and (2) we value our restaurants

and restaurant workers. And it seems to be working! Very few of our restaurants have failed. Keep it up, folks!

Impressively, with all that has been going on (pandemic, threats to democracy), brave souls are opening new restaurants. Shortie’s Pizza and Grinders (7858 Shoal Creek Boulevard) is now baking up New England Greek-style pizza (see review this issue). Tony C’s Pizza & Beer Garden (2900 West Anderson Lane) and Thom’s Market (5901 Burnet Road) are also now open. Somehow, I missed that there’s something wonderful called Baked by Amy’s, a delivery-only shop



Tony C’s Pizza & Beer Garden at 2900 West Anderson Lane

CONTINUED ON PAGE 10



## February is American Heart Month

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## Allandale Eating – Quick Bites

CONTINUED FROM PAGE 9

run by Amy's Ice Creams out of their neighborhood location. You can order cupcakes, cakes, and pies online and have them delivered to your door.

We tried Old Thousand at 4805 Burnet Road and found it really good (review coming soon). Kitchen United Mix has added Mission Street Burrito, Plant B, Plow Burger, and Yalla Mediterranean to the mix, while losing P.F. Chang's To Go, Ramen 512, and Seoulja. The 5555 Burnet Road trailer park now has DAWA (sushi and kimchi), Judy's Mediterranean, and Little Beast Slider Co. EurAsia, a ramen, poke, and sushi joint, opened February 1 at 5222 Burnet Road. Meanwhile, we wait with unsated breath for the openings of Rise (The Grove), Wingstop (2900 West Anderson Lane; opening soon), Three Little Bears Clubhouse (2900 West Anderson Lane), and Bird Bird Biscuit (1401 West Koenig Lane). Sadly, Tea Amo and Pho Saigon have both closed.

Kudos-wise, those carb snorters at Eater Austin mentioned Tumble 22 and Tiny Pies among "17 Austin Restaurants with Great Takeout Options," Shortie's Pizza and Grinders and Luck's Wagy Burger Shoppe among "14 Exciting Austin Restaurants to Check Out Right Now," Hi Wings and Le Bleu among "21 of the Sauciest, Crispiest, and Spiciest Chicken Wings in Austin," and Peached Tortilla among "Where to Order Austin's Best Cocktails."

Thrillist mentioned "The Wundershowzen" at Juiceland, "Southern Fun" at The Peached Tortilla, and "Coconut Creme Pie" at Chez Zee American Bistro as among "The 30 Most Essential Austin Experiences." Thrillist included Citizen Eatery in its list of "Where to Get the Best Vegan and Vegetarian Food in Austin," and name-dropped Haru Ramen and Ramen Tatsu-ya (granddaddy of dipdip which has ramen on the menu) as where to "Warm Up with the Best Ramen Bowls in Austin." Austin360 included Austin Cake Ball, Austin Kolache & Koffee Shoppe, Baked by Amy's, Fluff Meringues & More, Kellie's Baking Co., La Patisserie, Lone Star Kolaches, Russell's

Bakery, San Francisco Bakery & Café, Tiny Pies, and Upper Crust in their list of "Central Texas Bakeries to Satisfy Your Sweet Tooth."

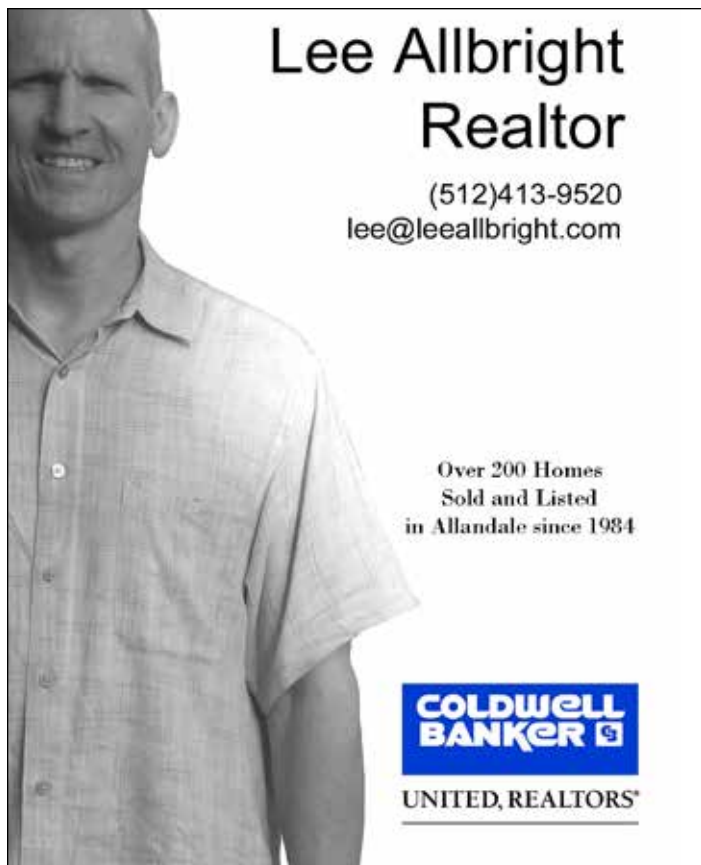
Until next time, keep eatin'! ☿

## Shortie's Pizza + Grinders

Robert Mace and Geoff the Ditch Cat

Geoff the Ditch Cat loves hooman food. Perhaps because he lived in the drainage as a feral for his first five years, he developed a taste for it by digging through garbage cans and whatnot. Regardless, after he was trapped and snipped by benevolent cat herders (The Bride one of them), he self-tamed, charmed, and moved in with us, and yearns for whatever we are eating, including, oddly, broccoli. However, by far, his favorite hooman food is pizza, and he's quite excited about the new Greek pizza place that opened up in the former location of Be More Pacific.

Never had Greek pizza? Me neither. To tell the truth, I hadn't even heard of



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The Twig & Branch from Shortie's Pizza + Grinders

Greek pizza before Shortie's Pizza + Grinders opened up in December (neither had Geoff). Invented by a Greek from Albania living in Connecticut, Greek pizza is distinguished by its crust, which is hand-pressed to fit a greased, shallow pan; proofed (rise) in the pan, and then baked with its applied toppings. Shortie's, a side hustle from the good folks downstairs at District Kitchen, elevates the concept (and pizzas in general) with local ingredients and a chef's touch.

Geoff and I have tried three of Shortie's pizzas so far, all of them memorable. I'm generally a fan of thin-crust pizza with the notable exception of the heavenly Detroit-style of Via 313. Shortie's Greek crust comes in between thin and thick but with the richness of a Detroit. Using local, heirloom wheat gives Shortie's version a rustic, earthy chew reminiscent of focaccia with a sheen of (local) aromatic olive oil. Geoff liked it.

The Pepp in Yo Step (red sauce and smoked pepperoni; \$14) was a good introduction to the Greekiness, scientifically isolating one variable (the crust) to fully understand and appreciate it. Geoff liked it. We then graduated to the Forager (smoked gouda, fontina white sauce, rosemary, wild mushroom conserva, balsamic roasted onions, and pine nuts; \$15). This is possibly the most beautiful pizza I've ever had and, indeed, looks like Adelina the Forest Fairy carefully foraged the toppings. I tend to lean toward traditional tops, but this was better than the impressive Pepp, with a complex mix of flavors firing different parts of my tongue. Geoff liked it.

We ended our foray (for now) with the Twig & Branch (Texas olive oil, arugula, Texas goat cheese, prosciutto, sour cherry preserve, and umami chili oil; \$16), another gorgeous pizza. The flavors focus on the cheese and ham, with the sweet and sour of the cherry preserves gently tug-of-warring with the fire of the chili oil. Yep: Geoff liked it. We've yet to try the Grinders, hot and cold sandwiches on hoagies flown in from New Orleans (\$10 to \$16). Shortie's also has a half-dozen appetizers, half-dozen salads, and half-a-half-dozen desserts. They have an outside, second-floor eating area for the COVID-wary (unclear if it's cat friendly...).

Geoff the Ditch Cat is a feline of few meows, but he was a little concerned about a restaurant represented by a canine. But after explaining that Shortie's was named in honor of the owners' recently passed pooch, he gave Shortie's two paws up. In shorties, Geoff liked it.

Shortie's Pizza + Grinders, 7858 Shoal Creek Boulevard, (512) 770-1385, <https://shortiespizza.com/>, full color review at [www.austinwanderlist.com](http://www.austinwanderlist.com) ☼

## Gullett Good News

Amy Rostvold

It's the spring semester, and Gullett students are displaying enormous resilience and strength, in spite of the challenges of learning during a global pandemic. The true heroes of this pandemic are the teachers and staff, who have worked tirelessly and thanklessly to ensure that our young kids get the education that they need and deserve. With the majority of the students still learning at home, teachers have had to become flexible and creative as they navigate a "blended" learning situation that requires them to teach to both the at-home learners and the in-school learners at the same time. Teachers are also still creating at-home learning kits for parents to pick up, so that students can do hands-on learning, play games, and take part in engaging lessons. And every morning, teachers lead the students in SEL (social emotional learning) lessons to help our kids deal with big feelings, process their thoughts and emotions, and learn to navigate this new, changed world.

The Gullett parent community has also stepped up in a major way; most recently, the PTA facilitated the construction of a concrete stage near the baseball field. This stage will eventually be used for outdoor learning and performances, and it adds to the already generous number of outdoor classrooms that the PTA and parent volunteers worked to create last semester. I am so proud to belong to this community of dedicated adults, all of whom are banding together to ensure that our children are learning and growing this year. Onward!

For more information, please visit the Gullett school website at [gullettgeckos.com](http://gullettgeckos.com) or check out the principal's newsletter at [www.smores.com/4fqcm](http://www.smores.com/4fqcm). ☼



recycling  
is good

## All About Lamar

Rick Schumacher



Hello Scotties! Yes, we are still in the middle of an entirely new way of doing pretty much everything. Blended classes, remote, and on-campus education are still happening. There are a few updates that need to be provided as we move into the spring.

Yearbook pictures will be remote this year. Make sure you access the "Scottie Yearbook Submissions 2020-21" Blend page, and get those profile pictures updated.

Lamar Dance is having Company & Advanced Placement auditions in March. The paperwork needs to be submitted by February 19. Don't be late.

Lamar had 18 students recognized during the 2020 ATPi Annual Fall Photo Contest! The results can be found at [atpi.org](http://atpi.org).

Online Registration is open for the 2021-2022 school year. Make sure to hop over to [austinisd.org](http://austinisd.org) to enroll for the coming year.

Lastly, please be sure to keep your eyes out on the road. We have so many students who are outside at unusual hours. Slow down and look around.

For more on Lamar happenings, please see [lamarmiddleschool.org](http://lamarmiddleschool.org), or for the Lamar Fine Arts Academy, go to [lamarmiddleschool.org/fine-arts-academy](http://lamarmiddleschool.org/fine-arts-academy). ❧

## It's Knight Time! Mac Updates



This space has been open since May 2020. We are still looking for a writer to share overall McCallum happenings. Mac students welcome! Please contact us if interested at [allandaleneighbor@gmail.com](mailto:allandaleneighbor@gmail.com).

In the meantime, check out the website for current information ([mccallumhs.com](http://mccallumhs.com)) or follow Mac Journalism either online ([macshieldonline.com](http://macshieldonline.com)) or on Instagram. The Mac counselors' website is also a great reference: [www.maccounselors.com/rising-9th-grade](http://www.maccounselors.com/rising-9th-grade). ❧

## More Mac – The Show Must Go On! Urinetown Feb 18-28

Sabrina Wallace

The show must go on, and the thespians at McCallum High School take this to heart this year with a full-scale production on the newly installed outdoor stage. Come support the fantastic cast and crew of McCallum as they bring to you Urinetown, the Musical **February 18-28, 2021.**

**It's a sidesplitting sendup of greed, love, and revolution (and musicals!), in a time when water is worth its weight in gold.** Winner of three Tony Awards, *Urinetown* is a hilarious musical satire of

the legal system, capitalism, social irresponsibility, populism, bureaucracy, corporate mismanagement, municipal politics, and musical theatre itself! Hilariously funny and touchingly honest.

In a Gotham-like city, a terrible water shortage, caused by a 20-year drought, has led to a government-enforced ban on private toilets. The citizens must use public amenities, regulated by a single malevolent company that profits by charging admission for one of humanity's most basic needs. Amid the people, a hero decides that he's had enough and plans a revolution to lead them to freedom!

Duration: 2 hours, 20 minutes, including a 15-minute intermission.

Tickets: [mccallum.ludus.com/index.php](http://mccallum.ludus.com/index.php) ❧

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## Neighborhood Watch

Julie Peckham, ANA Parks Committee member

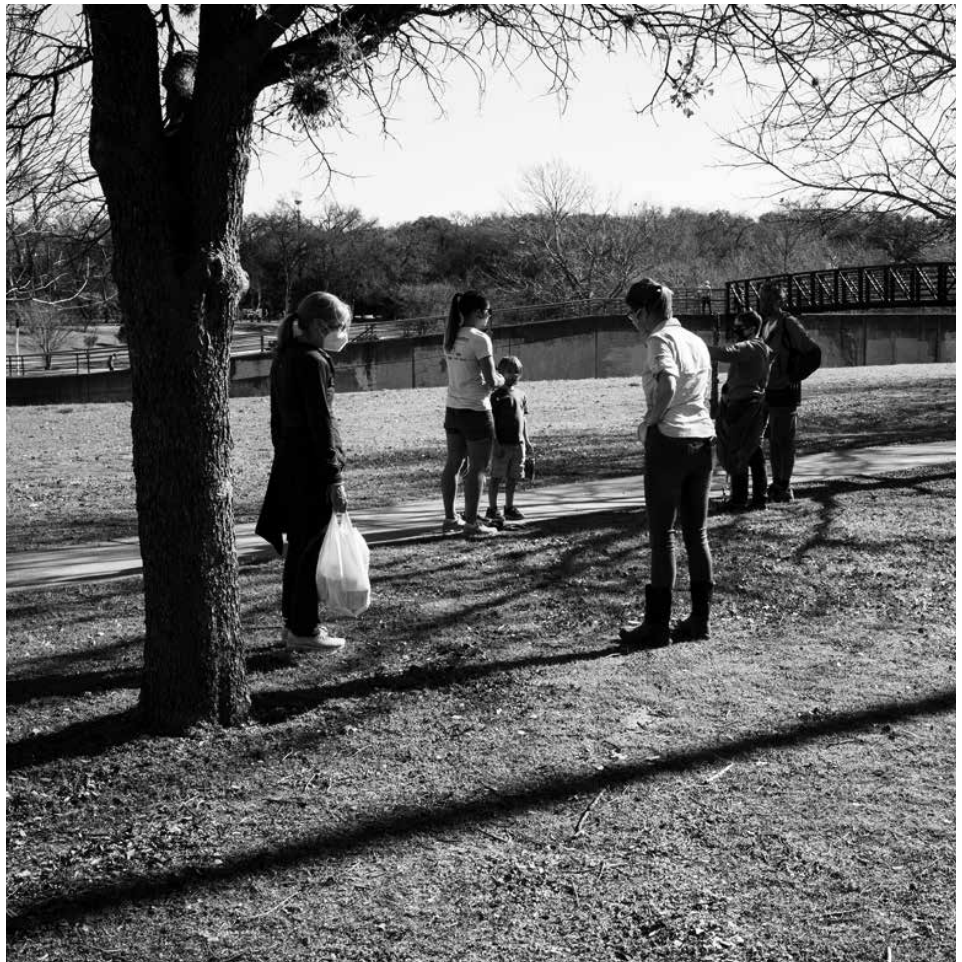
An amazing group of neighbors showed up on Sunday, January 31, for a Shoal Creek clean up! They took time out of their day to remove debris from the creek to the north and south of the footbridge that crosses into Northwest Park, and with so many workers we were able to clean much further in each direction than in past cleanups. We filled 35 bags of trash! Thanks to all who showed up and worked to get litter, clothing, bedding, and various odds and ends removed. We hope to regularly clean various sections of the creek in the future.

Also, the ANA Safety Committee has a couple of requests for our ANA neighbors:

1. If you are out exercising while it is dark or somewhat dark, please do what you can to be visible. Wear light-colored or reflective clothing, have a light on you, watch for drivers who may not see you.

2. PLEASE call 311 if you see or are in

CONTINUED ON PAGE 14



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## Neighborhood Watch

continued from  
page 13

a bike accident that is NOT with a car. We are really trying to track how many incidents really occur. If you bicycle or walk on Shoal Creek Boulevard, remember that—especially on the west side of the street—people backing out of their driveways may have a hard time seeing you, so be aware. They really aren't trying to run anyone over. ☼



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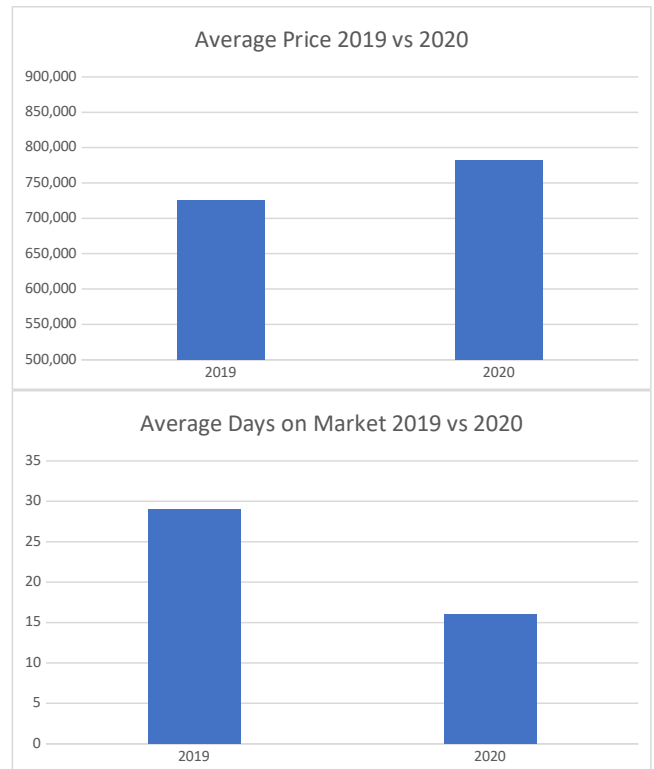
## Real Estate Round-Up

Debbie Trominski

In case you missed it, the Austin real estate market is white hot. Region-wide, there is a shortage of inventory of historic proportions that is causing modest homes in the suburbs to get 50+ offers, with the final sale price sometimes exceeding \$100K more than the asking price. Can you believe that!? We are in a weird situation at the moment, where the number of buyers far exceeds the number of home sellers. Allandale's statistics mirror what is happening in the broader market area. As of this writing, there are only five single-family homes on the market in the readership area. That is about 40% of our typical monthly absorption rate.

With all the news of companies expanding and relocating to Austin, I anticipate that we will be in a seller's market for the foreseeable future. I thank my lucky stars every day that I live in this amazing neighborhood!

According to the Austin Board of Realtors, Allandale experienced an 8% appreciation between 2019 and 2020, with our average price in 2020 landing at \$782,170 for a single-family home. Our days on market shrank dramatically by 45%, down to only 16 days on the market in 2020 versus 29 days in 2019 (29 days is still a very brisk pace of sales, by the way). ☘



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# Lettuce Recycle: Curbside Compost Collection Comes To All Of Austin!

Dena Houston

This issue of Lettuce Recycle is for all customers new to curbside compost collection, as well as those who already have the service.

An additional 55,000 Austin residential customers began getting curbside compost collection in February. Curbside compost collection is now available to all Austin Resource Recovery residential customers.

Compost is collected weekly. The green bin can be used for leaves and sticks, as well as food and paper products. Everything picked up in the green can goes to Organics by Gosh and is transformed into compost. The City will still pick up additional cans of sticks and leaves. These will also become compost.

## Curbside Composting Special Tips:

Households in the compost collection area should have received a fact sheet on what can go into the new green bin. Here is a website with some information about

curbside compost collection: [austintexas.gov/austincomposts](http://austintexas.gov/austincomposts)

Those of you who already compost at home might wonder if you will use this collection service. There are many things you can place in your curbside bin that you should not (or may not want to) put in your home compost bin. They are as follows:

- Avocado seeds
- Bones
- Chopsticks and toothpicks
- Facial tissue
- Fish and poultry products
- Meat and dairy products
- Microwave popcorn bags
- Napkins
- Paper bags
- Paper cups
- Paper plates
- Paper that has gotten wet
- Paper towels
- Pizza boxes
- Popsicle sticks
- Shredded paper
- Spoiled food

Here are some items to place in your green bin that may be surprising:

- Butcher paper

- Compostable Keurig cups (certified compostable)
- Cupcake liners (not foil)
- Dryer lint
- Parchment paper
- Pet fur
- Q-tips
- Tea bags
- Wax paper

Do not put into the green bin the items listed below. These items will contaminate the compost piles and could render tons of material useless, resulting in the material ending up in the landfill.

- Antiseptic wipes
- Baby wipes
- Cat litter (even if organic)
- Cigarette butts and ashes
- Dryer sheets
- Fats, oil, or grease
- Glass
- Pet waste
- Plastic bags
- Waxed juice and milk cartons

Only compostable plastic bags can be used to collect food product that is placed in the green bin. The plastic bags must be



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Please send any compost questions to the author of this article at [recycling@hpbwban.org](mailto:recycling@hpbwban.org).

### How to Make Household Compost Collection Easy!

There are many small compost collection bins available that will easily accommodate a three-gallon compostable bag. A bin with a filter in the lid will take care of the "ick" factor. I keep a bin on my kitchen counter. I also keep a separate container for tissue and paper towel collection in a closet near my kitchen.

Here is a very informative City of Austin recycling website: [www.austintexas.gov/what-do-i-do](http://www.austintexas.gov/what-do-i-do). ☘



recycling  
is good

## Perfectionism: The Real Virus

Elizabeth Falkin, Allandale teen

**A**lright, my New Year's resolutions include working out every day, avoiding all processed foods, getting perfect grades, and making more money. If I do all of these within the year, I will be accomplished.

Whether it's wanting the perfect appearance or the smartest brain, there is always a goal that we strive to achieve. And while it's great to have those goals, there comes a point where your ideal self is the only thing you are working toward. Instead of enjoying the things you are doing, everything revolves around this unreachable goal. Eventually, the things you love to do will just become tasks that you have to check off to move a step closer to your goal. This is when you have caught perfectionism. While it doesn't attack your internal organs like a normal

virus would, it does have a very serious psychological effect. Let's say you reach that overall goal you've been working toward. Then what?

However, there are ways that perfectionism can be cured. Instead of striving to become the perfect person that everyone admires, focus on the things that you love. If making sushi makes you happy, then make sushi. If you love teaching things to others, then teach. It is hard to break away from perfectionism, but one first step is acceptance. Accept that you can't be perfect; if you are always trying to become quintessential, you're going to miss out on the best moments of life. Thank you to my advisor, a fellow Allandale resident, for helping me to find my new mission in life. ☘

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